



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Basic Report 03044, Babyfood, dinner, macaroni and tomato and beef, strained**

Report Date: June 05, 2017 13:16 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1 Value<br>Per100 g | 1 tbsp<br>16g | 1 oz<br>28.35g | 1 jar<br>113g | 1 jar Gerber Second<br>Food (4 oz)<br>113g | 1 jar Beech-Nut Stage 2<br>(4 oz)<br>113g | 1 jar Heinz Strained-2<br>(4 oz)<br>113g |
|--------------------------------|------|---------------------|---------------|----------------|---------------|--|---|--|
| <b>Proximates</b>              |      |                     |               |                |               |  |   |  |
| Water                          | g    | 86.34               | 13.81         | 24.48          | 97.56         | 97.56                                      | 97.56                                     | 97.56                                    |
| Energy                         | kcal | 61                  | 10            | 17             | 69            | 69   | 69  | 69                                       |
| Protein                        | g    | 2.36                | 0.38          | 0.67           | 2.67          | 2.67                                       | 2.67                                      | 2.67                                     |
| Total lipid (fat)              | g    | 1.47                | 0.24          | 0.42           | 1.66          | 1.66                                       | 1.66                                      | 1.66                                     |
| Carbohydrate, by difference    | g    | 9.45                | 1.51          | 2.68           | 10.68         | 10.68                                      | 10.68                                     | 10.68                                    |
| Fiber, total dietary           | g    | 1.2                 | 0.2           | 0.3            | 1.4           | 1.4  | 1.4                                       | 1.4                                      |
| Sugars, total                  | g    | 2.09                | 0.33          | 0.59           | 2.36          | 2.36                                       | 2.36                                      | 2.36                                     |
| <b>Minerals</b>                |      |                     |               |                |               |  |   |  |
| Calcium, Ca                    | mg   | 17                  | 3             | 5              | 19            | 19   | 19  | 19                                       |
| Iron, Fe                       | mg   | 0.46                | 0.07          | 0.13           | 0.52          | 0.52                                       | 0.52                                      | 0.52                                     |
| Magnesium, Mg                  | mg   | 12                  | 2             | 3              | 14            | 14   | 14  | 14                                       |
| Phosphorus, P                  | mg   | 39                  | 6             | 11             | 44            | 44   | 44  | 44                                       |
| Potassium, K                   | mg   | 112                 | 18            | 32             | 127           | 127  | 127                                       | 127                                      |
| Sodium, Na                     | mg   | 38                  | 6             | 11             | 43            | 43   | 43  | 43                                       |
| Zinc, Zn                       | mg   | 0.54                | 0.09          | 0.15           | 0.61          | 0.61                                       | 0.61                                      | 0.61                                     |
| <b>Vitamins</b>                |      |                     |               |                |               |  |   |  |
| Vitamin C, total ascorbic acid | mg   | 0.3                 | 0.0           | 0.1            | 0.3           | 0.3  | 0.3                                       | 0.3                                      |
| Thiamin                        | mg   | 0.038               | 0.006         | 0.011          | 0.043         | 0.043                                      | 0.043                                     | 0.043                                    |
| Riboflavin                     | mg   | 0.043               | 0.007         | 0.012          | 0.049         | 0.049                                      | 0.049                                     | 0.049                                    |
| Niacin                         | mg   | 0.715               | 0.114         | 0.203          | 0.808         | 0.808                                      | 0.808                                     | 0.808                                    |
| Vitamin B-6                    | mg   | 0.056               | 0.009         | 0.016          | 0.063         | 0.063                                      | 0.063                                     | 0.063                                    |
| Folate, DFE                    | µg   | 12                  | 2             | 3              | 14            | 14   | 14  | 14                                       |
| Vitamin B-12                   | µg   | 0.15                | 0.02          | 0.04           | 0.17          | 0.17                                       | 0.17                                      | 0.17                                     |
| Vitamin A, RAE <sup>b</sup>    | µg   | 44                  | 7             | 12             | 50            | 50   | 50  | 50                                       |
| Vitamin A, IU <sup>a</sup>     | IU   | 878                 | 140           | 249            | 992           | 992  | 992                                       | 992                                      |
| Vitamin E (alpha-tocopherol)   | mg   | 2.62                | 0.42          | 0.74           | 2.96          | 2.96                                       | 2.96                                      | 2.96                                     |

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|------------------------------------|------|------------------|------------|-------------|------------|--------------------------------------|-------------------------------------|------------------------------------|
| Vitamin D (D2 + D3)                | µg   | 0.0              | 0.0        | 0.0         | 0.0        | 0.0                                  | 0.0                                 | 0.0                                |
| Vitamin D                          | IU   | 2                | 0          | 1           | 2          | 2                                    | 2                                   | 2                                  |
| Vitamin K (phylloquinone)          | µg   | 29.3             | 4.7        | 8.3         | 33.1       | 33.1                                 | 33.1                                | 33.1                               |
| <b>Lipids</b>                      |      |                  |            |             |            |                                      |                                     |                                    |
| Fatty acids, total saturated       | g    | 0.486            | 0.078      | 0.138       | 0.549      | 0.549                                | 0.549                               | 0.549                              |
| Fatty acids, total monounsaturated | g    | 0.594            | 0.095      | 0.168       | 0.671      | 0.671                                | 0.671                               | 0.671                              |
| Fatty acids, total polyunsaturated | g    | 0.193            | 0.031      | 0.055       | 0.218      | 0.218                                | 0.218                               | 0.218                              |
| Cholesterol                        | mg   | 7                | 1          | 2           | 8          | 8                                    | 8                                   | 8                                  |
| <b>Amino Acids</b>                 |      |                  |            |             |            |                                      |                                     |                                    |
| <b>Other</b>                       |      |                  |            |             |            |                                      |                                     |                                    |
| Caffeine                           | mg   | 0                | 0          | 0           | 0          | 0                                    | 0                                   | 0                                  |

**Footnotes**

- <sup>a</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.
- <sup>b</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.